

California State Parks Oceano Dunes Junior Lifeguards



Parent Handbook 2018

“What parents NEED to know”

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2018 PROGRAM DATES

Session I: June 25th - July 13th

Session II: July 16th - August 3rd

Grand Avenue, Oceano, 93445

PROGRAM LOCATIONS

Pismo State Beach, Grand Avenue entrance. Just before you get to the kiosk, turn right into the parking lot by “Fins” restaurant (If you drove onto the beach, you went too far). Look for signs directing you into Fins lot from Highway 1 and on Grand Ave.

CONTACT INFORMATION

PHONE NUMBERS & EMAILS

Junior Lifeguard Contacts:
Michael Cueto (805) 365-5035
Michael.Cueto@parks.ca.gov
Arlen Deipenbrock (805) 779-0221
Arlen.Deipenbrock@parks.ca.gov
All Emergencies: 911

MAILING ADDRESS

Pismo State Beach/Oceano Dunes Junior Lifeguards
CA State Parks, Oceano Dunes District
928 Pacific Blvd. Oceano, CA 93445

DISTRICT OFFICE

340 James Way, Ste. 270
Pismo Beach, CA

INTERNET ACCESS

Website: <http://ohv.parks.ca.gov/OceanoDunes> JG

MISSION STATEMENT

The mission of the Oceano Dunes Junior Lifeguard program is to provide high quality aquatic safety education.

The Junior Lifeguard program introduces young people to safe aquatic recreational opportunities. The program is designed to improve young people's physical conditioning and understanding of the environment while gaining respect for themselves and others.

This mission is accomplished with activities such as: Open water swimming, paddle boarding, body surfing, surfing, sailing, kayaking, snorkeling, self-rescue, etc. Knowledge and respect for the environment is gained through lecture about pertinent aquatic topics. Respect for themselves and the environment is gained through goal setting, personal progress, accomplishments and understanding our impact. Respect for others is achieved by working with other youths in a team-building environment.

Further, the mission of the Oceano Dunes Junior Lifeguard program embraces opportunities for community involvement and partnerships. This mission includes seizing opportunities to introduce non-traditional user groups to the wonders of the ocean.

PROGRAM HOURS and RESPONSIBILITIES

The program runs Monday through Friday, 10am-2pm. Exceptions to normal program hours will be announced prior for field trips and other special events. Information on field trips will be emailed and handed out separately, most Fridays are competition days held at another beach up or down the coast (ie. Santa Barbara, Carpinteria etc.). These days typically go from 6:30 am - 5:30 pm (including drive time).

It is the sole responsibility of each Parent or Guardian to ensure safe travel for their child to and from the Junior Lifeguard program. California State Parks and the Junior Lifeguard program are not responsible for students outside of scheduled program hours.

Parents are responsible for their children immediately prior to and immediately following scheduled program hours.

Parents are expected to be prompt when dropping off and picking up their Junior Lifeguards. Please remind your child to be ready with all of their gear before being picked up at 2 p.m. We will remind them too!

If your child is riding our professionally hired (SMOOTH) bus to and from the Santa Maria area to participate in the JG program, the bus company assumes full responsibility for the safety of your child while on the bus. The bus is first come first serve and goes to those kids with the most seniority in the program. It seats 20 kids

max and drives to and from competitions and field trips as well. Again, we are only responsible for your child while actually within the program hours.

Parents are strongly encouraged to carpool. The JG program does not coordinate parent carpooling, but lists are made available for your convenience.

*Note: All traffic and parking regulations are strictly enforced by local law enforcement. Do not double-park, leave your car unattended in a loading zone, park in a red zone, etc.

INSTRUCTORS

The Junior Lifeguard program is taught by professional California State Park Lifeguards. The lifeguards have extensive experience and training in: surf and ocean rescue, beach safety, First Aid, and CPR. Instructors also have teaching and interpretation experience with children. Guest lecturers are experts who share their knowledge and experiences with the children. Safety, education, and enjoyment are our primary objectives.

There will be a minimum of 2 Instructors to every 15 Junior Lifeguards. This supervision ratio exceeds California's standard level of 1 paid instructor to 20 students. We also have Junior Lifeguard Assistants (older and more water-experienced juvenile volunteers) with us as well.

ENROLLMENT

Program enrollment operates on a first-come, first-served basis. Applications are not accepted after the program start date. Your child is not enrolled until: 1) You have signed them up online through R2S2. 2) You have signed and completed the online application 3) The Release of Liability form and, 4) The full tuition has been paid 5) *Assistance with payment and application sign ups can also be done at our front office at 928 Pacific Blvd., Oceano, 93445. Monday - Friday 9:00 am - 5:00 pm. Enrollment is limited based on the number of full time instructors and a 15:1 student instructor ratio.

TRYOUTS

The Junior Lifeguard program is not a learn-to-swim school. All students will be put into dynamic ocean waters. Therefore, prospective students are screened (by tryout) prior to admittance into the program to determine if they have the minimum skills needed to benefit from and safely enjoy our program. The tryout Instructor has the final say in determining if your child is approved for the program. This determination is based on successful completion of the tryout test and your child's degree of comfort in the water.

The Tryout consists of:

- Swim 100 yards continuously using the freestyle stroke, in under 2 minutes
- Swim 10 yards underwater
- Tread water for 3 minutes

* Please understand that a child may physically complete all phases of testing and still not be accepted into the JG program. This is done for the safety of the child and other participants, and the success of the program.

A parent or guardian must be on-site for their child's tryout. A Tryout Waiver must be completed, signed, and initialed by the Instructor present.

During tryouts, students should have a bathing suit, a towel and be ready to swim. Yes, the pool is heated! 😊 Tuition fees will be collected only after your child passes the tryout and is enrolled in the program. In the event that your child does not pass the tryout, they will have the option to try out at any of the other try out dates, as many times as they like.

TRYOUTS

TBA

ATTENDANCE

Roll call is taken twice daily at a minimum; once at the start of the day, and once at the end of the day. If you know ahead of time that your child will not be present at any certain day/time, please call ahead and let us know in order to avoid confusion. Regular attendance is highly encouraged and will allow students to fully benefit from the program.

PARTICIPATION IN ACTIVITIES

STUDENTS ARE REQUIRED TO PARTICIPATE IN ALL REGULAR PROGRAM ACTIVITIES. Parents should be aware that rigorous physical exercise and ocean swims are a major part of the program. Student refusal to participate in activities may result in the loss of free time at the end of that day. Student refusal to participate in activities again, may result in removal from the program. If a student is unable to participate in a certain activity(s), the parent or guardian should submit a note to one of the instructors upon arrival stating the activity(s) of concern. If your child is sick or injured or for some other reason cannot take part in all activities, they should stay home until they are able to resume **full** participation.

Successful performance in some activities may depend on the student's age, size, strength, ability, confidence level, and ocean conditions present. For instance, on some occasions, younger or smaller students may not have the same opportunities to utilize the paddleboards, which may require more body weight and strength in certain conditions. We will be sure to adjust according to conditions to allow for the greatest success.

AGE REQUIREMENTS

The age requirement for Junior Lifeguards is **9-17**. Students will often be divided into three skill groups based on: Age, size, strength, ability, and confidence. Generally, C-group is ages 9-11, B-group is ages 12-13, and A-group is ages 14-17. However if a student shows physical and mental maturity and would like to join the next group up they can try a few days and see if they would like to stay there. Skill groups allow for more personalized instruction and better student success.

WETSUITS

The ocean water is cold. Average water temperature in summer is between 55°- 58° F. Full and form fitting wetsuits are highly recommended. A good wetsuit is essential for your child to enjoy the activities, be comfortable, and have fun.

The ODJG program can **loan** wetsuits that have been donated by the local community (on a first come first serve basis, as well as available sizing), however the student must take over proper care until returned to the ODJG program. Taking care of a wetsuit means rinsing them off with cool hose or shower water inside/out after each use and letting them dry in the shade. Several surf shops in the surrounding areas have good prices and selections on new and used wetsuits. Ask about Junior Lifeguard Discounts! Some surf shops will even help resell your child's used wetsuits. We recommend a new and properly fitted, 4mm/3mm full suit which can cost \$100-\$300 retail. O'Neill, Rip Curl and Body Glove are just a few of the top name brands. Booties and rash guards are not necessary; but earplugs and hoods can be recommended for extra warmth and to prevent possible ear infections.

UNIFORMS

Students are required to wear the JG uniform at all times for safety, team camaraderie, and to distinguish them from other children who aren't in the program. Failure to wear the appropriate JG uniform will initiate the disciplinary process (described below). Please write your child's name on all uniform and equipment items, and encourage them to look after their belongings. If lost items are found by instructors, students will "earn" them back with push-ups. Students must wear full uniform to all competition days.

Uniforms are available the first week of the program.

Student's required uniform

Boys: Navy blue swim trunks, white JG t-shirt and navy blue jammers or speedo.

Girls: Navy blue swim trunks and one-piece swimsuit, white JG t-shirt and navy blue one or two piece swim suit.

Note: One white JG t-shirt, one navy blue pair of swim trunks, one navy blue sweatshirt is included in the program fees, navy blue swim suits must be purchased elsewhere.

INSTRUCTOR UNIFORMS

JG Instructors are distinguished (from assistants and students) via the official State Park uniform, which looks different from the students, has all dark blue (or red trunks) and has official patches and emblems.

2018 PROGRAM FEES

\$225 per student/per session. **\$400** per student for both sessions.

Reduced rates are possible if your child cannot attend the full session, however you will need to contact the JG coordinator for arrangement. See contacts for email addresses and phone numbers.

Tuition fees help pay for: JG t-shirt, field trip expenses, equipment use, lecturers, instruction, beach activities, JG patch, instructor expenses, certificate of completion (to be given at the end of the program), stickers, and more!

***New Registration**

This will be online through R2S2 and available soon. If you do NOT have access to a computer or internet feel free to come to the **Ranger Station front office anytime M-F 9-5 at 928 Pacific Blvd. Oceano, 93445** and we will help you sign up! Cash or checks will be available only at the front office, credit card or visa can be payed online or at the front office as well.

Make all checks or money orders payable to:
California State Parks

REFUND POLICY

Refunds will ONLY be granted in the following two situations:

Due to our new R2S2 online registration website we will providing refund information as soon as possible.

DISCIPLINE

For participant and Program success, students must exhibit behavior that is respectful of staff, other students, visiting public, and equipment. Disruptive behavior diminishes the enjoyment, learning, success of other students and goals of the program. Discipline is handled promptly and appropriately. The intent of discipline is to gain compliance, reinforce program standards, and to use the incident as a teachable moment in helping the students to achieve future positive outcomes.

Expected Behaviors:

- Respect of all persons; no shoving, hitting, insulting, or inappropriate physical contact of any nature
- Respect of the facilities, equipment and property of others
- Cooperation with others and good sportsmanship
- Follow all safety rules and all instructions
- Listening quietly to directions and announcements
- Active participation in regular program activities

MINOR Incidents

Minor discipline incidents, whether they are a single incident, or a series of repeated events, may be handled by information below.

MAJOR Incidents

Major discipline incidents may immediately proceed to the information below without warning. Examples of major incidents include:

- Truancy
- Insubordination
- Fighting with anyone
- Unlawful or non-consensual touching of another
- Stealing property of another
- Vandalism to equipment or facilities
- Any conduct which brings disrespect to the Junior Lifeguard program or California State Parks

Steps of progressive of discipline:

When a minor discipline situation occurs, the student will be counseled about the situation and given an explanation of what expected behavior change is.

If a subsequent incident occurs, the student will be asked to take a "take a lap." This is a supervised swim or run of reasonable distance. Afterward, the student will be counseled, and then allowed to rejoin group activities.

If a student has a series of discipline situations in the same day or over several days, the lead instructor will inform the student's parent or guardian about the situation and discuss the matter together.

When a student continually disregards the instructor or shows little (or no) improvement with the above steps, the student will be suspended from the program for one to three days. The parent or guardian will be promptly informed of the suspension. There will be no pro-rated refund of fees.

If after return from a suspension, the student's behavior is still not acceptable, the student will be expelled for the remainder of the program. Expulsions may also occur without warning if the incident is serious in nature; even for one-time occurrences. The parent or guardian will be promptly informed of the expulsion. There will be no refund of fees.

TUITION ASSISTANCE & SCHOLARSHIPS

A limited amount of tuition assistance and scholarship help is available. If your child, or the child of someone you know, cannot participate in the Junior Lifeguard program without tuition assistance, please fill out a tuition assistance application. The application can be found on our website at <http://ohv.parks.ca.gov/OceanoDunes JG>.

Tuition assistance and scholarships operate on a first-come/first-served basis during regular enrollment periods and is limited. Qualifying applicants must meet listed guidelines.

JUNIOR LIFEGUARD DAILY REQUIREMENTS

All Junior Lifeguards must report to their group lines on the beach at 10 am SHARP and must leave the beach at 2 pm SHARP. Parents and guardians are responsible for their children before and after the program.

Note: Field trip days may have different reporting times and locations. Field trip instructions will be handed out and emailed information separately.

Students should bring the following items to the beach every day:

Positive & enthusiastic attitude	essential
Wear full uniform (JG t-shirt & navy blue trunks/swimsuit)	required
Warm clothing/towel (sweatshirt & sweat pants)	required
Wetsuit (full suit and hood)	required
Sun protection (sunscreen, hat, etc.)	required
Foot protection (sandals, shoes, booties, etc.)	required
Food (sack lunch and lots of drinking water)	required
Lunch box/bag (! seagulls steal loose food!)	required
Backpack (to keep all your stuff together)	recommended
Boogie board, fins, etc.	optional
Hard surfboards	must ask instructor

**** The Junior Lifeguard program is not responsible for any lost or stolen items ****

ROLL CALL 10:00 – 10:15 a.m.

roll call, announcements, notes from parents, remove beach hazards, sunscreen application, etc.

CALISTHENICS 10:15 – 11:00 a.m.

stretching, warm-ups, sit-ups, push-ups, jumping-jacks, beach runs

ACTIVITIES 11:00 – 12:00 p.m.

buoy swims, CPR and First Aid instruction, rescue techniques, marine education, etc.

LUNCH 12:00 p.m. – 12:30 p.m.

bring your own lunch to eat on the beach

RECREATION 12:30 – 1:40 p.m.

ocean recreation, beach games, etc.

CLEAN UP 1:40 – 1:55 p.m.

pick up all trash and all personal belongings, help clean and put away all JG equipment to leave beach cleaner than how we found it!

ROLL CALL/BUS PICK UP 1:55 – 2:00 p.m.

JUNIOR LIFEGUARD DAILY ITINERARY

The schedule is tentative and subject to change on a daily basis due to weather or ocean conditions. When the surf is large, it may be necessary to move down the beach to a safer area, or find alternate land-based activities.

DAILY LECTURE SCHEDULE & FIELD TRIP INSTRUCTIONS

If a daily lecture/field trip is scheduled, information will be handed out separately. Please read it carefully as the location of our program changes on field trip days. Any changes will be accompanied by a handout and email several days prior to the change.

The Junior Lifeguard required uniform is the white t-shirt with the Junior Lifeguard logo (included with entrance fees) and a navy blue swimsuit. Navy blue sweatpants and sweatshirts are recommended for warmth on cold mornings. For your benefit, we only sell high quality merchandise at or near wholesale prices. Tax is included in the price and any proceeds go directly back into the Junior Lifeguard program.

Please understand that it is not possible to purchase uniform items on the beach during program hours. Your child's safety is our primary concern and we cannot remove a lifeguard from the beach to assist with store purchases.

Merchandise can be purchased by contacting the Program Coordinator. We only accept personal checks, cashier's checks, or money orders. In the memo section of your check, please indicate what you are purchasing.

SPECIAL ACCOMMODATIONS

Prospective students desiring special accommodations or services under the Americans with Disabilities Act must notify the program supervisor at least **60** days prior to the start of the program, or as soon as reasonably possible. Given the fact that the program is held in natural ocean conditions, some accommodations may not be possible. However, please call us so we may discuss your needs.

BEACH WHEELCHAIR

In order to better serve all members of the public who wish to participate in activities at the Pismo State beach and Oceano Dunes, all-terrain “beach wheelchairs” are available to lend to visitors. The wheelchairs have been specifically designed to be pushed across sand and along the water’s edge in order to serve those who seek coastal access but are limited by injury or permanent disability. It features large balloon tires and a stainless steel frame for durability.

The beach wheelchairs are stored for use at The Pier Ave. kiosk and the Grand Ave kiosk. Reservations to use the beach wheelchairs must be made at the kiosks and are held on a first come, first served basis.

NOTICE OF NONDISCRIMINATION POLICY

The California State Junior Lifeguard Program admits all students, regardless of race, religion, color, ancestry, and national or ethnic origin into the program, and extends all rights and privileges contained therein to any student.

COMMENTS & SUGGESTIONS

Your comments, suggestions, input, and ideas about the program are welcomed and greatly appreciated. Please let us know how we may improve our service.

FINALLY

If your child comes home happy, cleans his room, takes out the trash, and then asks you “Mom/dad is there anything else I can do?” Well..., we just don’t want you to be shocked. 😊

We hope your family had an enjoyable time with the Oceano Dunes JG Program.

Respectfully,

The Oceano Lifeguard & Junior Lifeguard Staff